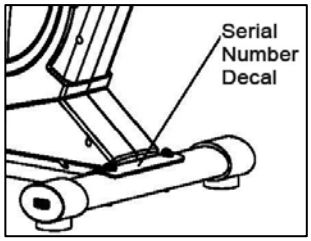
OWNER`S MANUAL

Model No. 16467450US

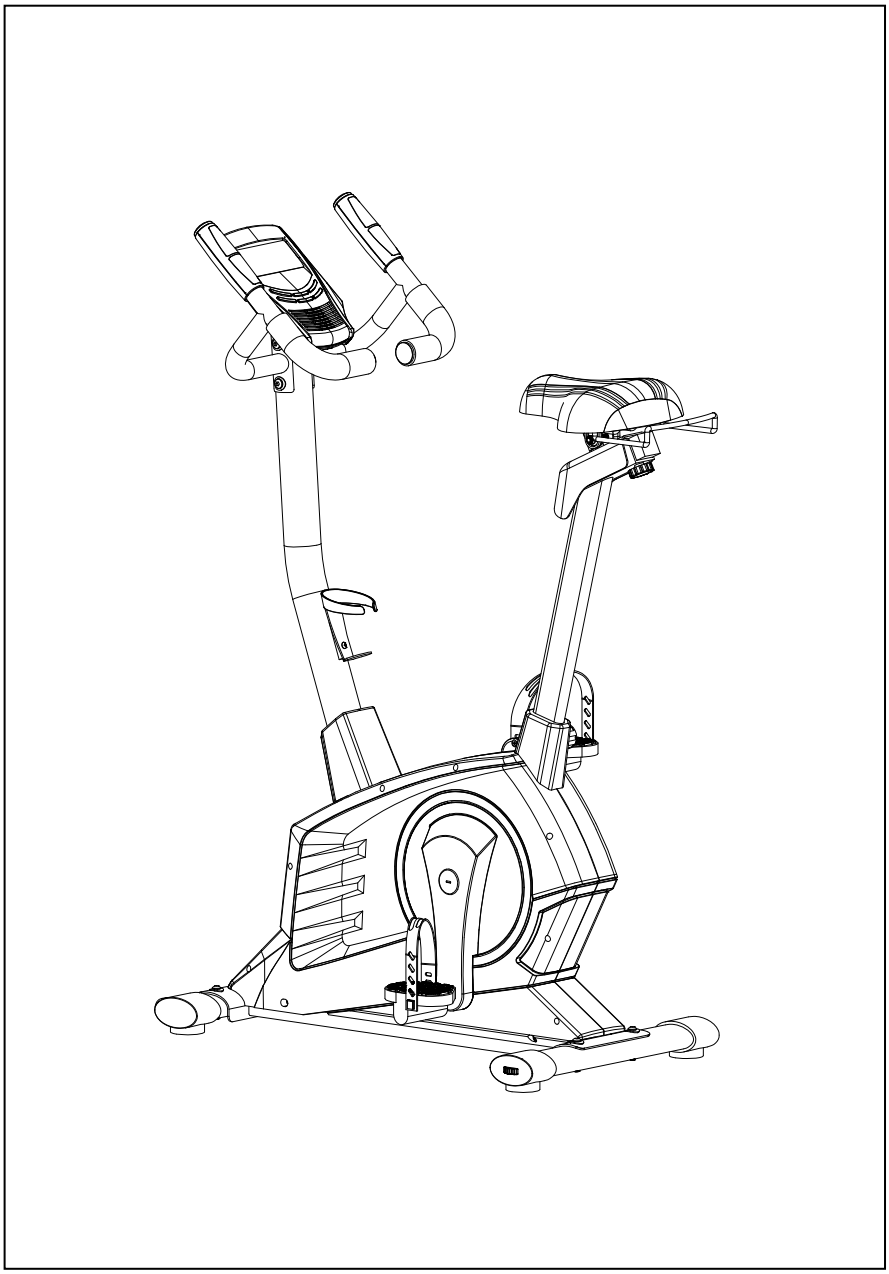
Xterra
***Upright* Cycle**

CAUTION:

You must read and understand this owner's manual before operating unit. Keep this manual for future reference.



UPRIGHT CYCLE



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Manufacture's One-Year Limited Warranty

Your **Xterra** Cycle is warranted for one year from the date of purchase against defects in material when used for the purpose intended, under normal conditions and provided it receives proper care. Any part found defective or missing will be sent at no cost when returned in accordance with the terms of this warranty.

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

REPAIR PARTS AND SERVICE

All of the parts for the cycle shown in figure can be ordered from Dyaco Canada Inc. 6050 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0B3. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email customerservice@dyaco.ca or visit us at: www.dyaco.ca Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.
This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.
This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all warnings posted on the exercise cycle and follow it carefully before using your cycle.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Review all warnings labels that affixed to the cycle. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use. Functional and visual inspection of the equipment shall be made after assembling your cycle
4. The cycle must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Set up and operate the exercise bicycle on a solid level surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. The pulse sensor is not a medical device. Various factors, including the user's movement may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general
9. Keep children and pets away from this equipment at all times while exercising.
10. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
11. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
12. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your cycle.
13. Always hold the handlebars when mounting, dismounting or using the cycle. When you stop exercising, allow pedals to slowly come to a complete stop before dismounting.
14. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
15. User weight should not exceed 285lbs.
16. Tie all long hair back.
17. Remove all personal jewelry before exercising.
18. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
19. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor.
20. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.
21. The exercise cycle does not free-wheel. Spinning pedals can cause injury. Pedal speed should be reduced in a controller manner.

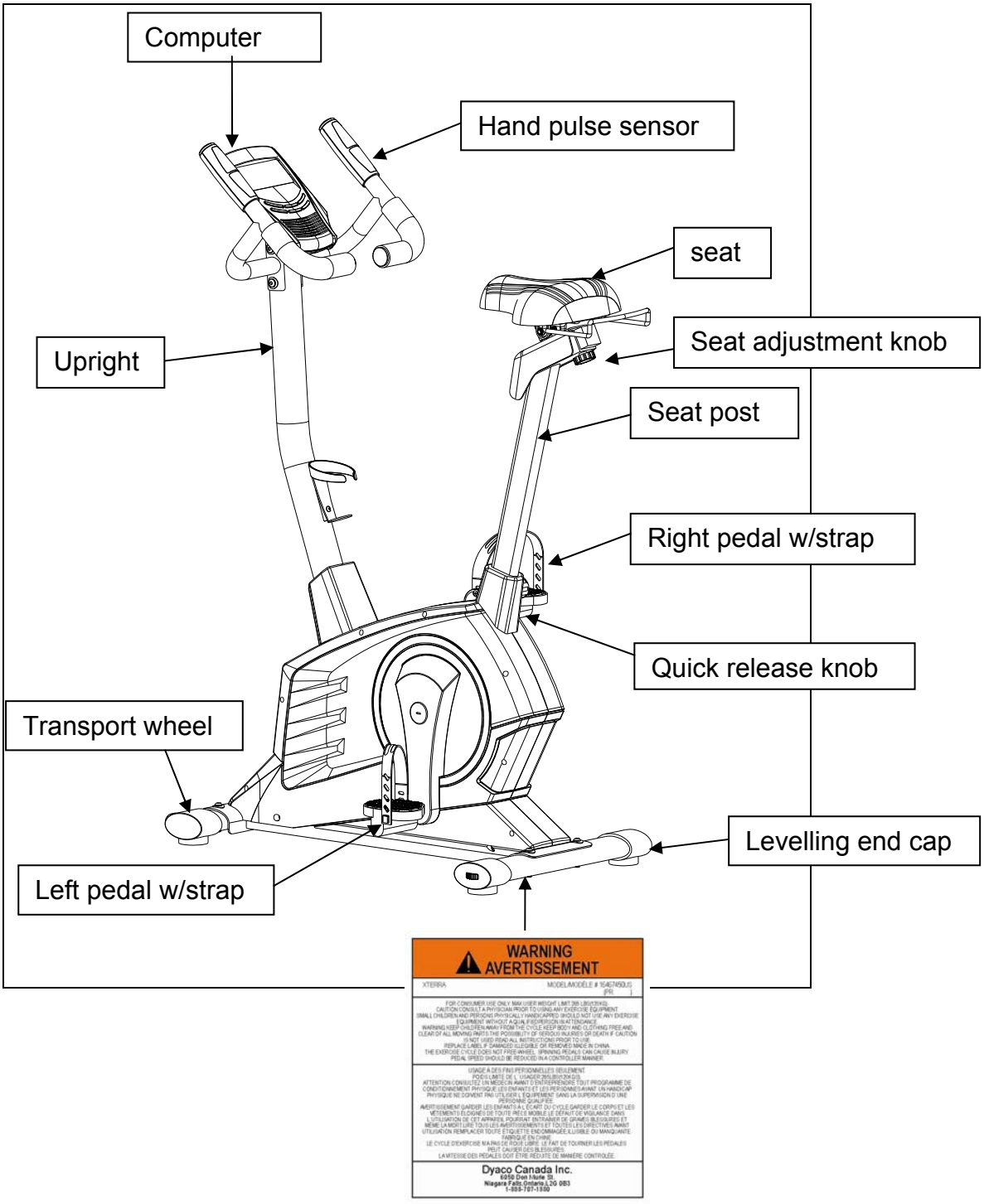
WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

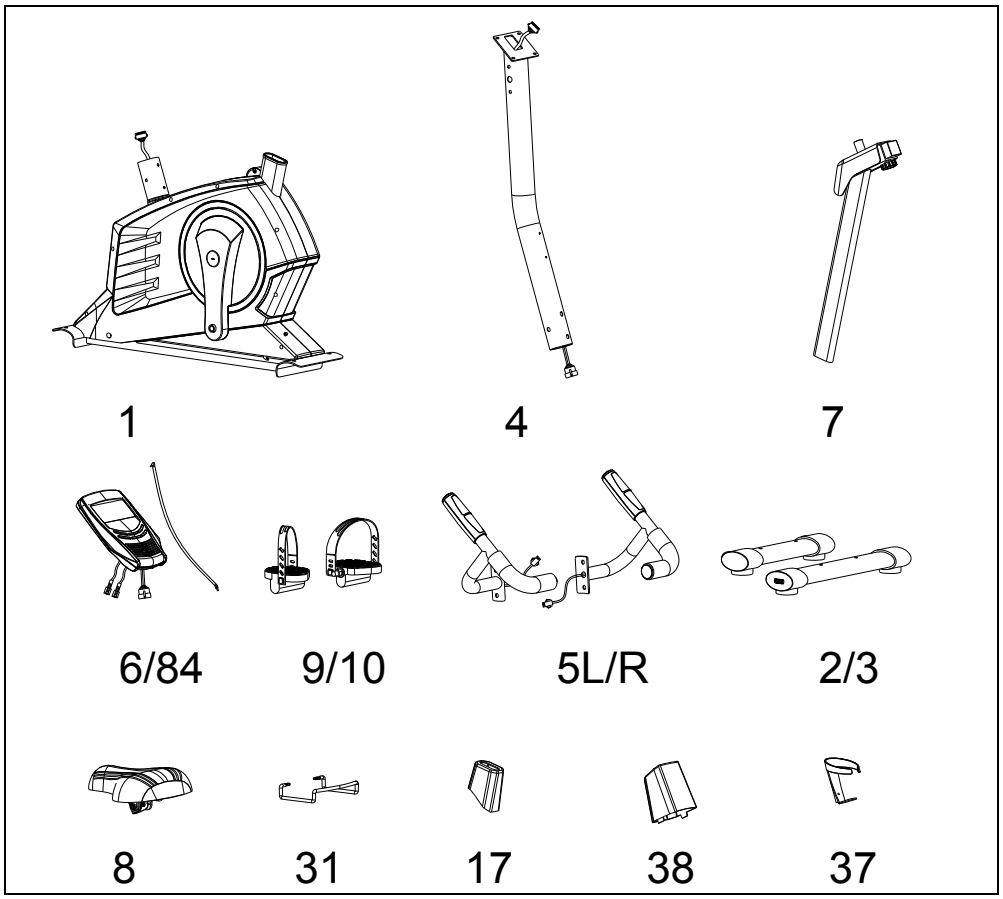
BEFORE YOU BEGIN

Thank you for selecting the revolutionary Xterra exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below

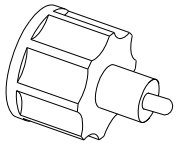
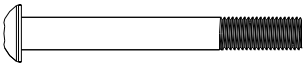
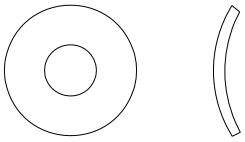
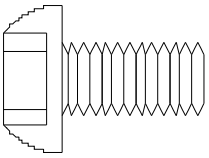
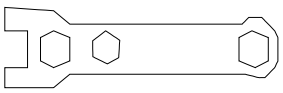
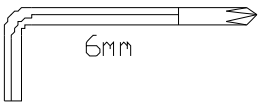


PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2/3	Front / Rear stabilizer	1
4	Front post	1
5L/R	Left / Right handlebar	1
6/84	Computer / Audio wire	1/1
7	Seat post	1
8	Seat	1
9	Left pedal	1
10	Right pedal	1
17	Cover for seat post	1
31	Towel rack	1
37	Bottle holder	1
38	Cover for front post	1
	Hardware bag	1
	Manual	1

HARDWARE PACKING LIST

Part No	Description	Q'ty	Drawings
11	Quick release knob	1	
15	Allen screw M8*20	4	
16	Curved washer Φ8*Φ20	12	
18	Allen screw M8*16	8	
82	Box wrench	1	
83	Allen key 6mm	1	

Note: Above parts are all the parts needed to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

ASSEMBLY INSTRUCTION

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

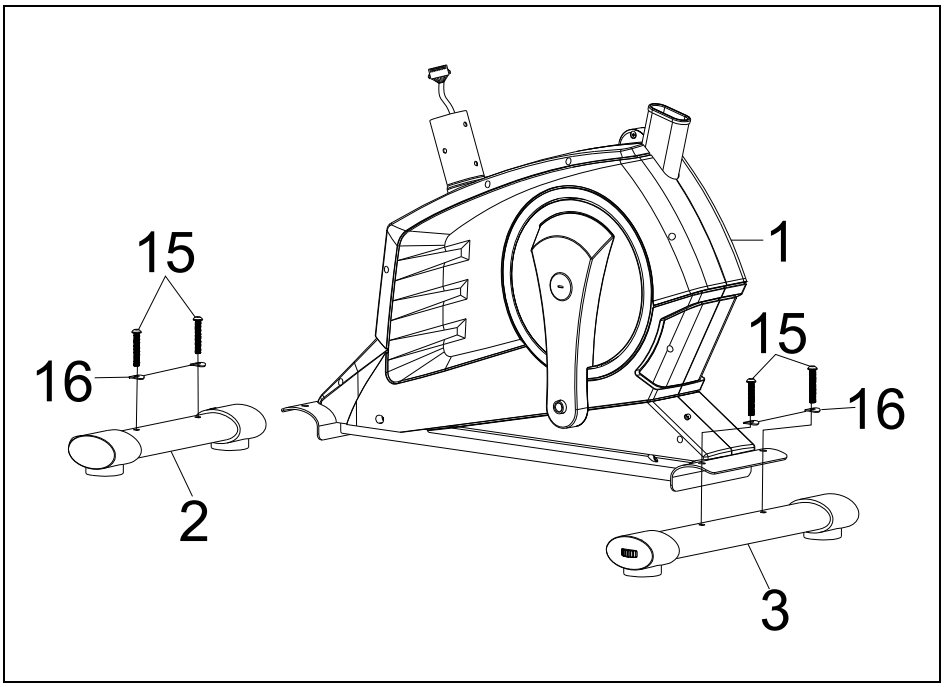
Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.

Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.

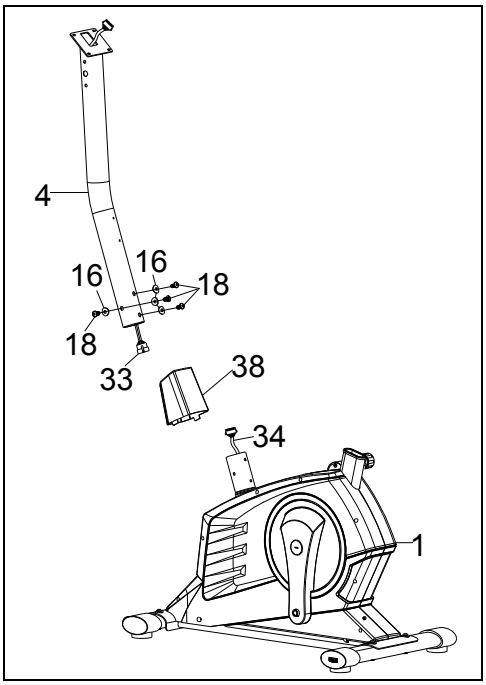
STEP 1

- Attach the front stabilizer (2) to the front of the main frame (1). Secure using two allen screws (15) and two curved washers (16).
- Attach the rear stabilizer (3) to the back of the main frame (1). Secure using two allen screws (15) and two curved washers (16).



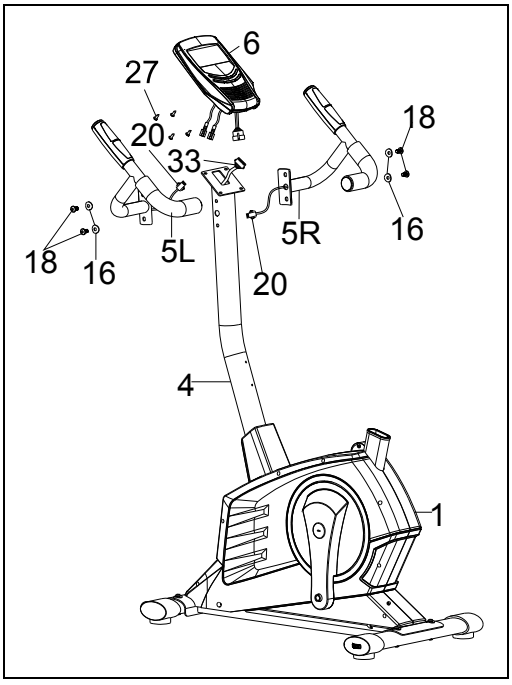
STEP 2

- Slide the upright cover (38) onto the upright (4).
- Connect computer extension wire (33) to the lower computer wire (34).
- Attach upright (4) to the main frame (1). Secure using four curved washers (16) and four allen screws (18). Slide the upright cover down (38) onto the main frame.
  Tip: Avoid pinching the Extension Wire



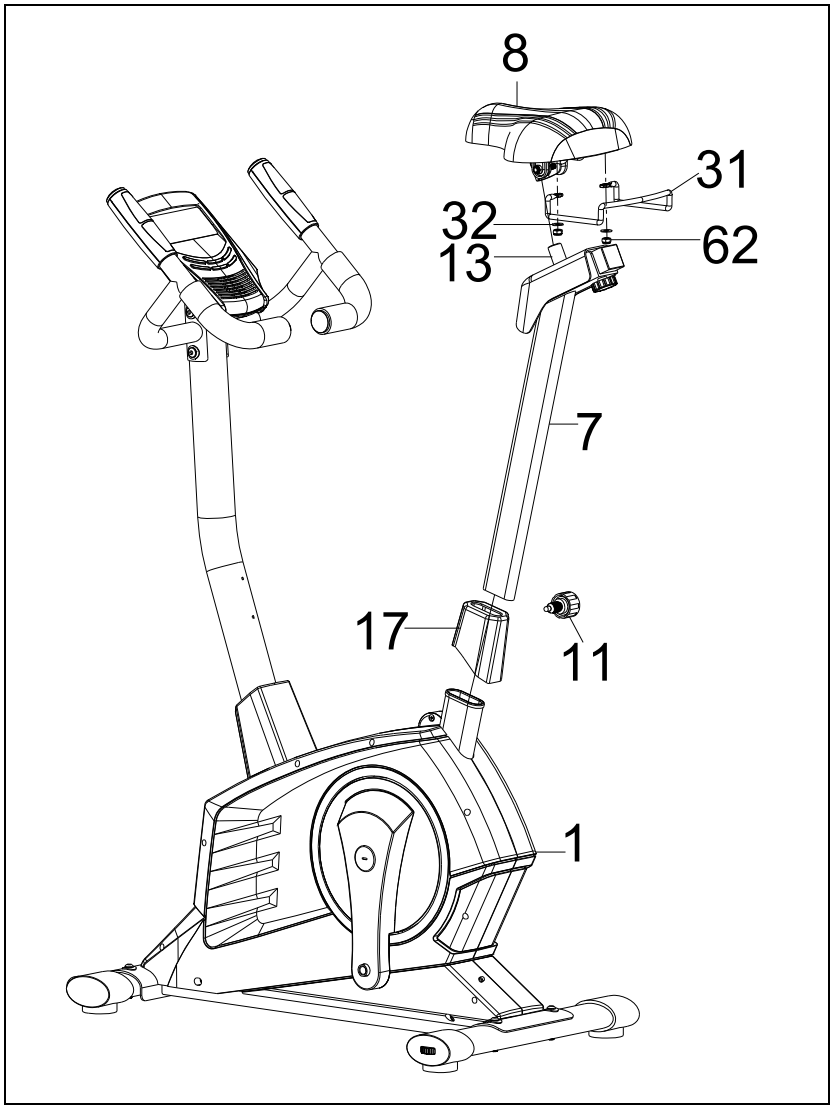
STEP 3

- Thread the hand pulse wires (20) from the left handlebar (5L) into the small holes on the upright (4) and pull out from the top bracket of the upright.
- Attach left handlebar (5L) to the upright (4). Secure using two curved washers (16) and two allen screws (18).
- Repeat for right handlebar (5R).
- Connect the hand pulse wires (20) to the wires from the computer (6).
- Connect the extension computer wire (33) to the wire from the computer (6).
- Attach computer (6) to the top bracket of the upright (4). Secure using four phillip screws (27) which are pre-assembled on the back of computer (6).
  Tip: Avoid pinching the Extension Wire



STEP 4

- Orient the seat (8) and the seat post (7) as shown.
- Attach the towel rack (31) to the seat (8). Secure with two washers (32) and two nylon nuts (62) that are pre-assembled on the seats (8).
- Insert the seat post (7) into main frame (1) through the cover for seat post (17). Line up the holes and secure seat in position with quick release knob (11).



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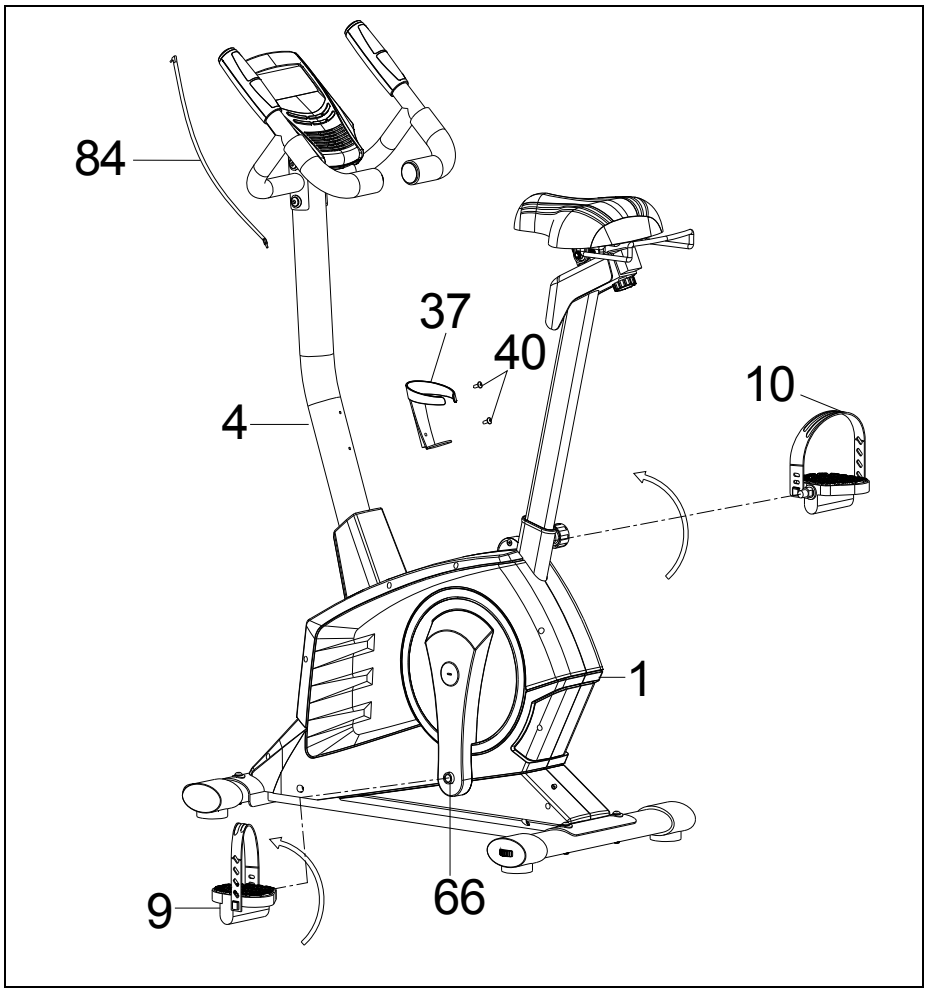
STEP 5

- The left and right pedals (9 & 10) are marked “L” & “R”. Attach the straps to the pedals.
- Connect left pedal (9) to the left crank arm (66) on the left hand side of the cycle as you sit on it. Repeat for the right pedal (10).
  Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.
- Attach the bottle holder (37) to the upright (4). Secure using two screws (40) which are pre-assembled on the upright.



NOW FIRMLY TIGHTEN ALL NUTS AND BOLTS
YOUR UNIT IS NOW FULLY ASSEMBLED

To listen to a MP3 during your workout, connect the MP3 with the computer (6) by using the audio wire (84)

Your cycle is equipped with adjustable end caps.
If the unit is wobbly, please turn the leveling caps on the rear stabilizer to level the unit.

MONITOR INSTRUCTIONS

FUNCTION BUTTON

START/STOP: Press to start or stop your exercise program.
Press to start body fat measurement.

UP: Press UP to increase the target values.
Press UP to increase the tension level while you are exercising.
Press UP to select your desired program.

DOWN: Press DOWN to decrease the preset target values.
Press DOWN to decrease the tension level.
Press DOWN to select your desired program.

ENTER: Press to accept the desired program.
Press to accept the target value.
Press and hold for four seconds to reset all values to zero when the unit is stopped.

Body Fat Press to have your body fat measurement.
Note: 4 “AAA” batteries are required for this program only.

Pulse RECOVERY: Press to have the recovery grade of F1 to F6
Note: 4 “AAA” batteries are required for this program only.

FUNCTION:

Time: Shows your elapsed workout time up to 99:00.
Counts down from your preset target time to 0:00 during your workout.

Speed: Displays between the current speed up to 99.9 M/H.
Distance: Displays the cumulative distance traveled during your workout up to 99.99M.
Counts down from your preset target time to 0 M during your workout.

RPM: Displays the current rotation per minute.

Calories: Displays between the cumulative calories burned at any given time during your workout up to 990.
Counts down from your preset target calorie to 0
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Body fat: Hand on the pulse grip, press the body fat key, the monitor will be measure the data of fat% , bmi, bmr.
Note: 4 “AAA” batteries are required for this program only.

Gripped pulse	Display's the user's current heart rate in beats per minute during the workout. Both hands must hold the gripped pulse for a heart rate reading during your workout. You may preset your target pulse. The computer will alarm to remind you as soon as your current heart rate has achieved at the preset figure. Note: This data is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
Pulse Recovery:	Your computer is equipped with a recovery program to monitor your heart rate recovery. After your workout, press the recovery button and keep both hands on the gripped pulse. The computer will cease monitoring all functions except time which will commence countdown from 00:60 to 00:00. Once zero is reached the pulse function will display a grade between F1 to F6. F1 being the best and F6 being the worst reading you can receive. Press the recovery button to return to the main display. Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.
DISTANCE BAR	Every bar indicates 0.1 mile.
SPEAKER:	To listen to an MP3 during your workout, connect the MP3 to the monitor (6) by using the audio wire (77). Volume is controlled by the MP3 player.
PROGRAM**:**	Displays the program level from P1 to P23 P1 –Manual you can control the tension level P2 to P13 programs are preset at the factory. P14 to P17 programs are user setting P18 to P22 programs are heart rate control programs P23 body fat program Note: Install the 4 rechargeable batteries. If batteries are not inserted the monitor will display P1 to P24.

Remarks

1. The cycle is a self-generating power system. The monitor will only function while you are pedaling. Once you stop pedaling the monitor will shut off after 100 seconds. All values will be reset to zero except for your saved user programs.
   You will need to start pedaling before 30 seconds to keep your inputted data.
2. Monitor takes four AAA rechargeable batteries. Batteries are needed for the pulse recovery program
3. To listen to an MP3 during your workout, connect the MP3 with the computer (6) by using the audio wire (77)

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 7. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select the MANUAL (P1) program.
2. Press the ENTER key to enter MANUAL program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

Preset Program:

Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3, User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME.
7. Press ENTER key to confirm your desired TIME.
8. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
9. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
10. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
11. Press the START/STOP key to begin exercise.

Heart Rate Control Program:

55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.
Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%
Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%
Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%
Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%
Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

Operations:

1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

Body Fat Program: Body Fat

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

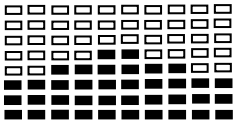
Type1: BODY FAT% > 27
Type2: 27 ≧ BODY FAT% ≧ 20
Type3: BODY FAT % < 20
The computer will show the test results of FAT PERCENT

Operations:

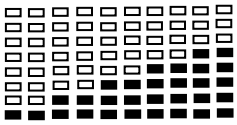
1. Use UP/DOWN keys to select the BODY FAT (P23) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of FAT PERCENT on the LCD display.
9. Press START/STOP key to begin exercise.

PRESET PROGRAM PROFILES:

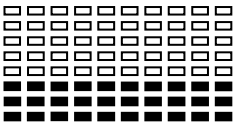
PROGRAM 1
MANUAL



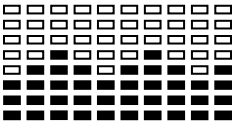
PROGRAM 2
STEPS



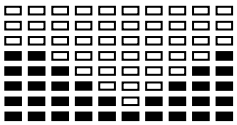
PROGRAM 3
HILL



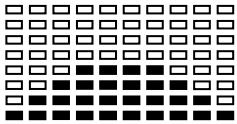
PROGRAM 4
ROLLING



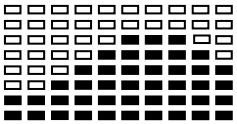
PROGRAM 5
VALLEY



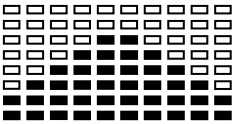
PROGRAM 6
FAT BURN



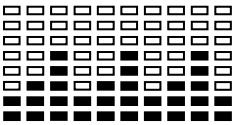
PROGRAM 7
RAMP



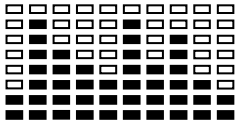
PROGRAM 8
MOUNTAIN



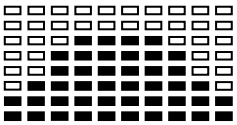
PROGRAM 9
INTERVAL



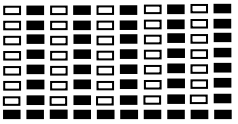
PROGRAM 10
SRANDOM



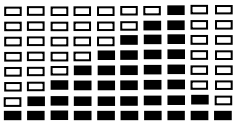
PROGRAM 11
PLATEAU



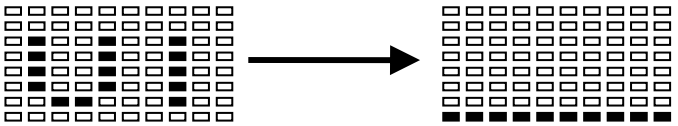
PROGRAM 12
FARTLEK



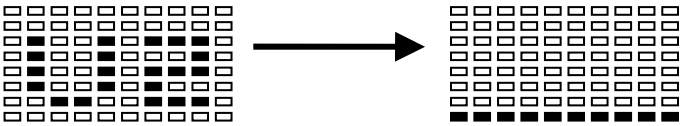
PROGRAM 13
PRECIPICE



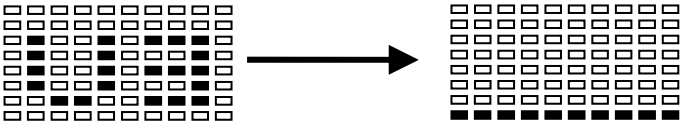
USER SETTING PROGRAM
PROGRAM 14
USER 1



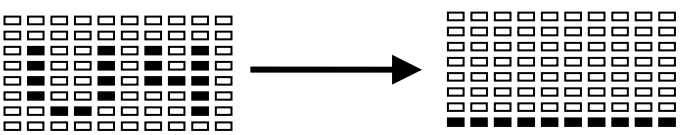
PROGRAM 15
USER 2



PROGRAM 16
USER 3



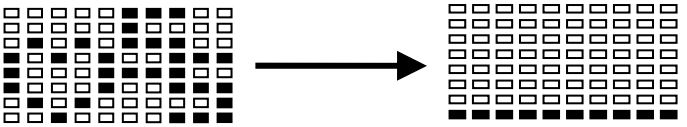
PROGRAM 17
USER 4



HEART RATE PROGRAM PROFILES:

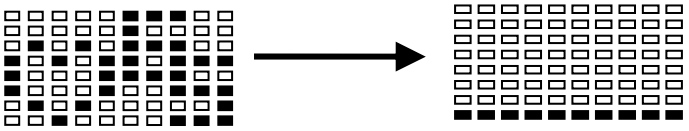
PROGRAM 18

55% H.R.C.



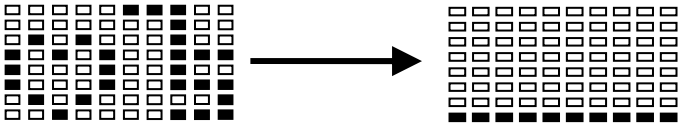
PROGRAM 19

65% H.R.C.



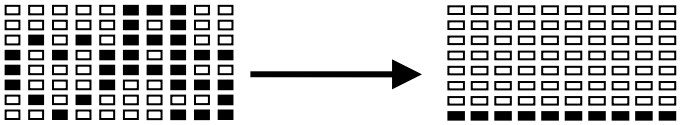
PROGRAM 20

75% H.R.C.



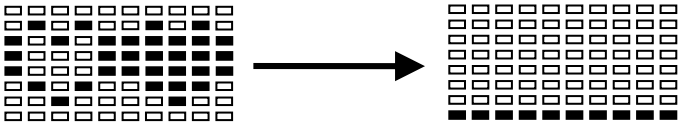
PROGRAM 21

85% H.R.C.



PROGRAM 22

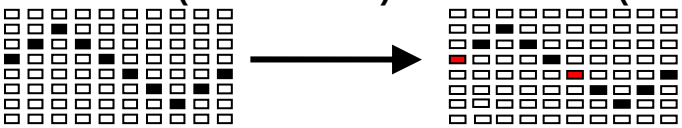
TARGET H.R.C.



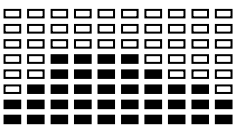
BODY FAT TEST PROGRAMS:

PROGRAM 23

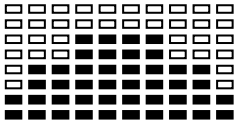
BODY FAT (STOP MODE) **BODY FAT (START MODE)**



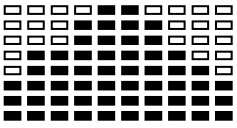
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



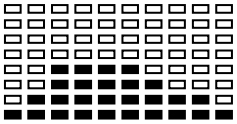
Workout Time: 40 minutes



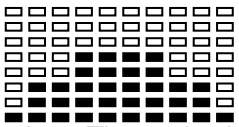
Workout Time: 40 minutes



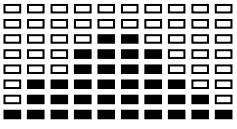
Workout time: 20 minutes



Workout Time: 40 minutes



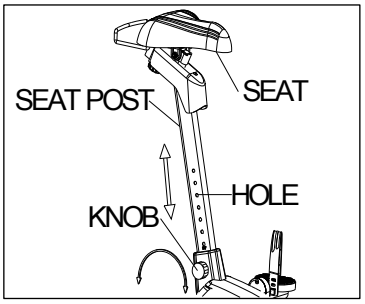
Workout Time: 40 minutes



Workout time: 20 minutes

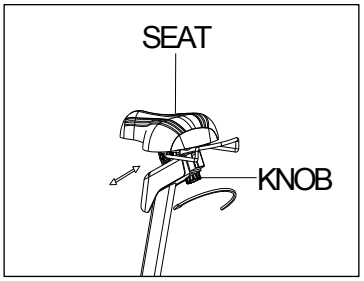
USER DIRECTION

HOW TO USE THE EXERCISE BIKE



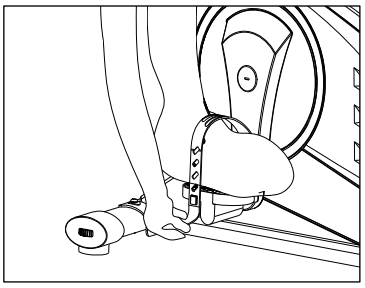
HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first loosen the adjustment knob a few turns. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, tighten the knob.



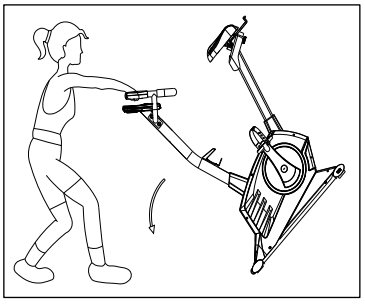
HOW TO ADJUST HORIZONTAL POSITION OF THE SEAT

If you want to adjust horizontal position of the seat, first you can release the club knob. Next, move the seat forward or backward. Then retighten the knob after you find the desired position.



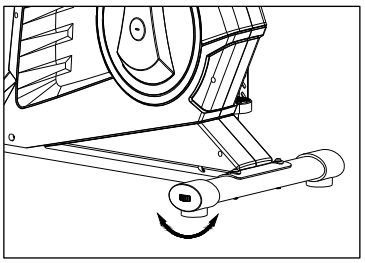
HOW TO ADJUST THE PEDAL STRAPS

The strap for the pedal is adjustable.
Please select the proper holes to fix the straps.



HOW TO MOVE THE EXERCISE BIKE

The bike can be easily moved from room to room. Grasp the handlebar and pulling back on handles, tip machine towards you.



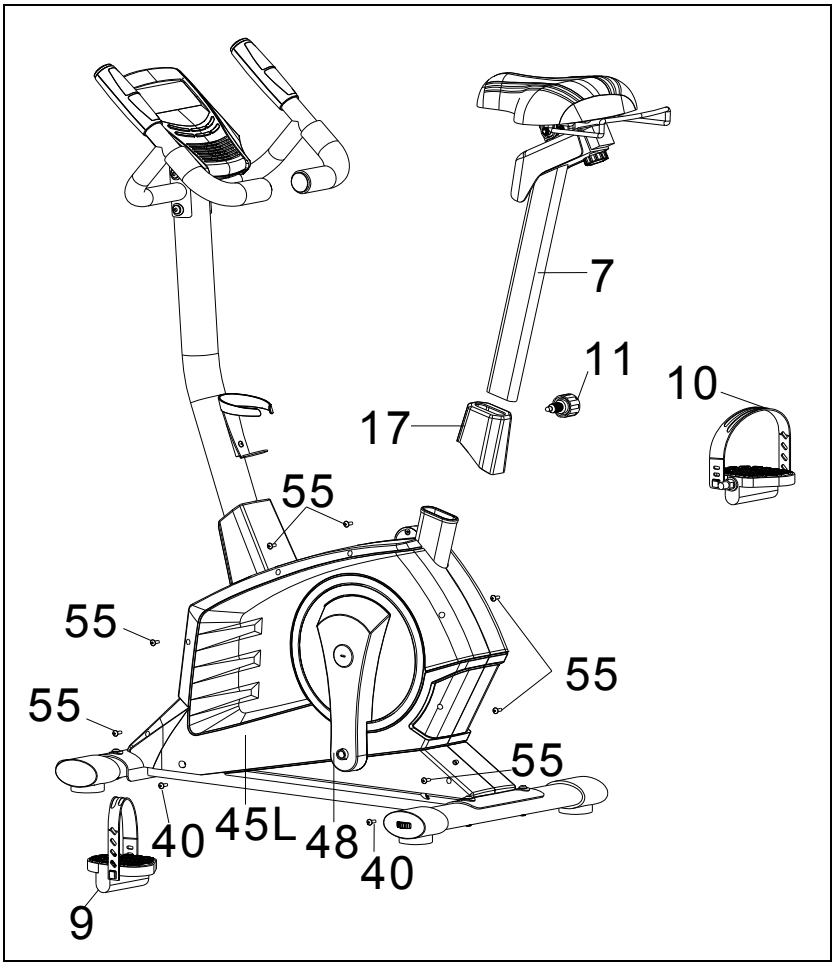
HOW TO LEVEL THE EXERCISE BIKE

The bike is equipped with adjustable end caps. If the unit is wobbly, please turn the leveling caps on the rear stabilizer to level the unit.

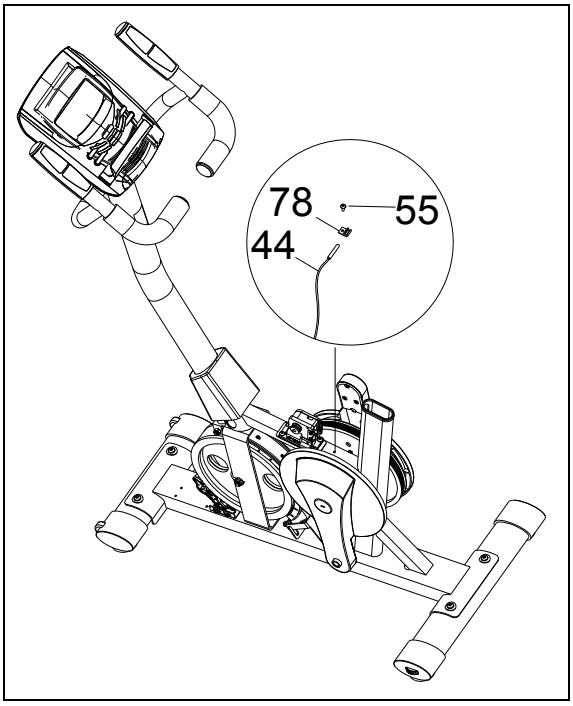
MAINTENANCE

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the chain cover (45) must first be removed.
Remove the quick release knob (11), seat post cover (17) and seat post (7).
Remove the left pedal (9) from the run disc (48).
Remove the two self-tapping screws (40) from each side of chain cover (45). Remove another seven ST5 x 15 self-tapping screws (55) from left chain cover (45L). Hold the chain cover (45) near the back and pull it apart slightly. **Do not pull the chain cover apart at the top or the seam may be broken.**



Next, locate the sensor wire (44). Turn the pulley until the magnet is aligned with the reed switch. Loosen, but do not remove, the ST5 x 15 screw (55). Slide the reed switch slightly toward or away from the magnet. Make sure that the magnet will not hit the reed switch. Retighten the screw (55). Turn the pulley for a moment. Repeat until the console displays correct feedback.



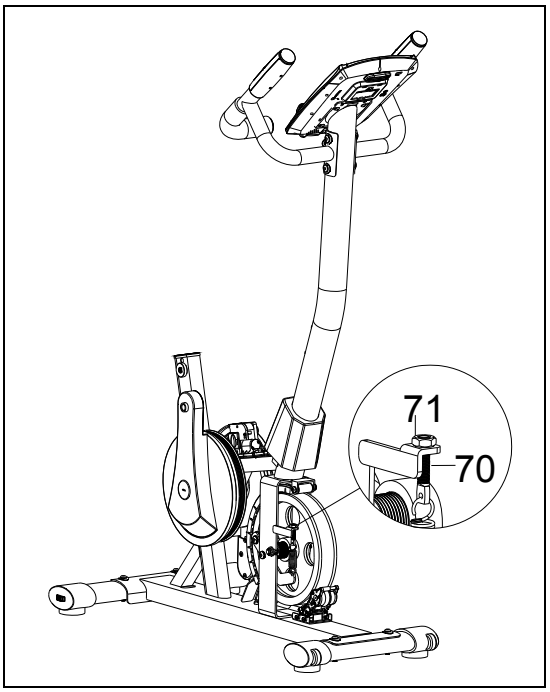
When the reed switch is correctly adjusted, reattach the chain cover.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, the right chain cover (45R) must first be removed.

Next, turn the nut (71) on clockwise to tighten the eye bolt (70).

When the belt is correctly adjusted, reattach the chain cover and the crank covers.



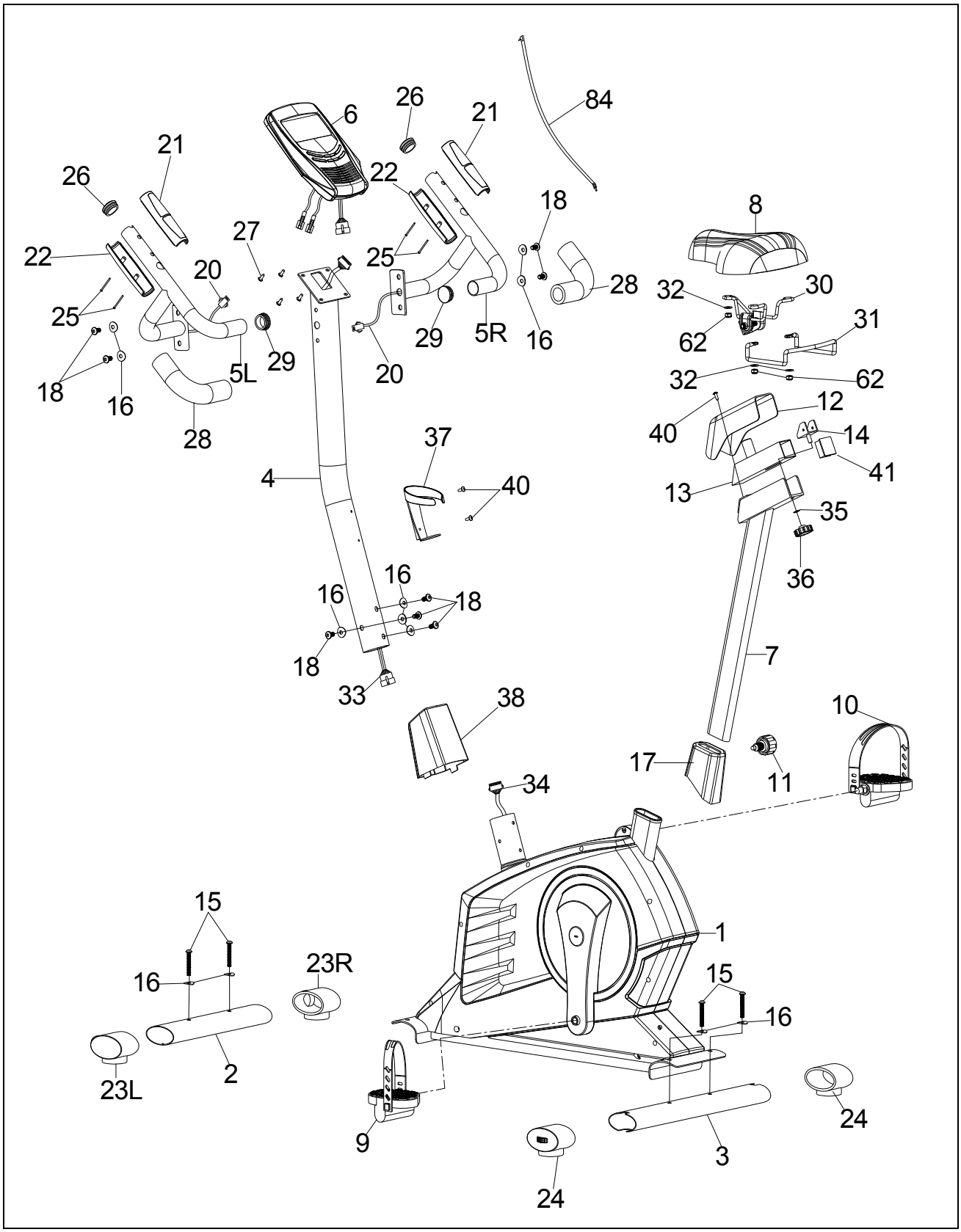
PART LIST

Key No.	Part	Description	Qty
01	6745001	Main frame	1
02	6745002	Front stabilizer	1
03	6745003	Rear stabilizer	1
04	6745004	Upright	1
05L	6745005L	Left handlebar	1
05R	6745005R	Right handlebar	1
06	6745006	Computer	1
07	6745007	Seat post	1
08	6745008	Seat	1
09	6745009	Left pedal	1
10	6745010	Right pedal	1
11	6745011	Quick release knob	1
12	6745012	Cover for sliding tube	1
13	6745013	Sliding tube	1
14	6745014	U type bracket	1
15	6745015	Allen screw M8*50	4
16	6745016	Curved washer Φ8*Φ20	12
17	6745017	Seat post cover	1
18	6745018	Allen screw M6*16	8
19	6745019	Generator	1
20	6745020	Hand pulse wire	2
21	6745021	Upper hand pulse sensor	2
22	6745022	Lower hand pulse sensor	2
23L	6745023L	End cap for front stabilizer L	1
23R	6745023R	End cap for front stabilizer R	1
24	6745024	End cap for rear stabilizer	2
25	6745025	Screw M2.5	4
26	6745026	End cap for handlebar	2
27	6745027	Phillip screw M5*10	4
28	6745028	Foam grip for handlebar	2
29	6745029	End cap for handlebar Φ31.8	2
30	6745030	Bracket for seat	1
31	6745031	Towel rack	1
32	6745032	Washer Φ8	3
33	6745033	Extension computer wire	1
34	6745034	Lower computer wire	1
35	6745035	Washer Φ8*Φ17	2
36	6745036	Seat adjustment knob	1
37	6745037	Bottle holder	1
38	6745038	Upright cover	1
39	6745039	Motor	1
40	6745040	Self tapping screw	7
41	6745041	End cap □38*38	1
42	6745042	Power wire	1

PART LIST

Key No.	Part	Description	Qty
43	6745043	Motor cable	1
44	6745044	Sensor wire	1
45L	6745045L	Left chain cover	1
45R	6745045R	Right chain cover	1
46	6745046	End cap for run disc	2
47	6745047	Flange screw	2
48	6745048	Run disc	2
49L	6745049L	Left support tube for run disc	1
49R	6745049R	Right support tube for run disc	1
50	6745050	Back cover for run disc	2
51	6745051	Self tapping screw ST5*10	10
52	6745052	Phillip screw M5*10	4
53	6745053	Fixed plate	2
54	6745054	Allen screw M6*20	4
55	6745055	Self tapping screw ST5*15	18
56	6745056	Bushing for seat post	1
57	6745057	Flange nut	2
58	6745058	C-clip Φ12	2
59	6745059	Axle for flywheel	1
60	6745060	Flywheel	1
61	6745061	Magnet assembly	1
62	6745062	Nylon nut M8	5
63	6745063	Hex head bolt M8*55	1
64	6745064	C-clip Φ17	2
65	6745065	Bearing 6203	2
66	6745066	Hex head bolt M6*25	1
67	6745067	Hex head nut M6	2
68	6745068	Spring for magnet assembly	1
69	6745069	Spring for idler wheel	1
70	6745070	Eye bolt	1
71	6745071	Nut M8	1
72	6745072	Idler wheel	1
73	6745073	Powder spacer	1
74	6745074	Pulley	1
75	6745075	Nylon nut M6	4
76	6745076	Axle for pulley	1
77	6745077	Allen bolt M6*15	4
78	6745078	Sensor bracket	1
79	6745079	Belt	1
80	6745080	Screw M5	4
81	6745081	Allen screw M8*20	1
82	6745082	Box wrench	1
83	6745083	Allen key 6mm	1
84	6745084	Audio Wire	1

DIAGRAM



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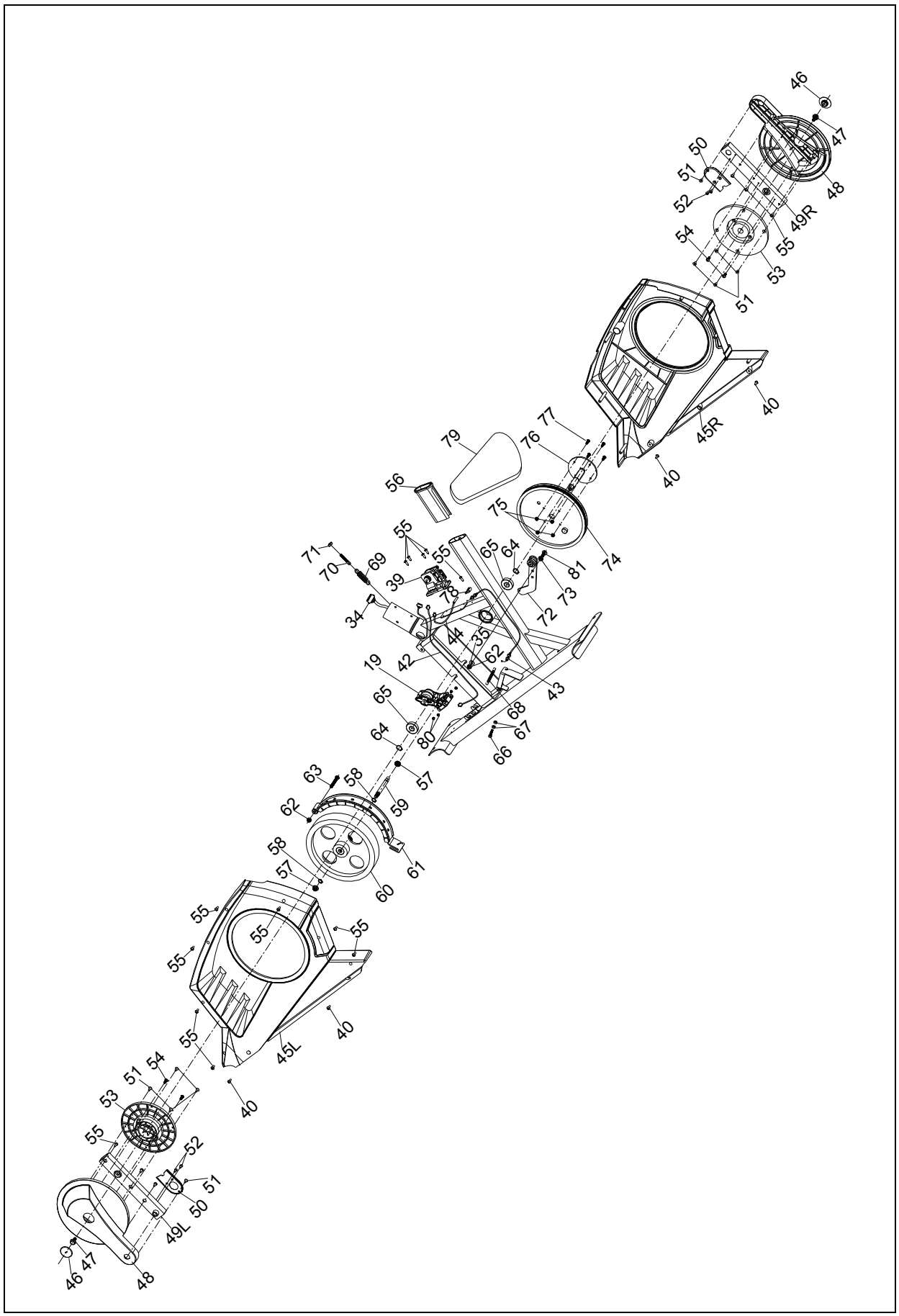

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TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	No pedal movement detected	Start pedaling
	Computer wires not connected	Ensure the computer wires are connected properly at the upright and the computer
No speed or distance displays on the monitor	Sensor wire not connected	Ensure the computer wires are connected properly at the upright and the computer
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Tension control not connected	Securely connect the tension control into the extension tension control wire
	Magnetic wheel not working properly	Replace magnetic wheel
Heart rate not displaying	Pulse wire not connected	Securely plug wires together
	Hand pulse defective	Replace hand pulse grip
	Monitor not working properly	Replace monitor
Grinding noise	Crank bearing defective	Replace crank bearings
	Flywheel defective	Replace Flywheel
Squealing	V-belt slipping	Adjust v-belt
E1 Monitor cannot read the signal change (level change or level change cannot reach target position) from the gear motor.	monitor has problem	Replace monitor
	The connection cables from monitor to gear motor are damaged or disconnected. Pins of the connector is bent or not fix well.	Check all computer plugs and wires are connected firmly.
	Gear Motor damage or circuit on the gear motor is abnormal.	Replace gear motor
	Wire cable from gear motor to magnetic system is too short to drive the magnetic system or position is not correct.	Adjust the length of motor wire to make sure there are enough space to drive the motor.
E2 The computer cannot interface with the IC chip.	EEPROM has problem (EEPROM is installed incorrect)	Replace monitor.
E3	The gear motor cannot read the signal change from the level one within 4 seconds after press the start button.	Replace gear motor

Maintenance

The safety of this produce can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However some checks should be made before each workout, and are indicated as such below.

Checks

- Be sure batteries are new and electronic connection are clean and tight.

- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight, pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout this.
- Check that handlebar is secure, if not, tighten, check before each workout this.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

Almost all surfaces are washable. A damp cloth is sufficient to clean most surfaces of this unit.
Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 M without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo2). This is often referred to as your **aerobic capacity.**

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression
As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload
This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.
Working through your program and gradually increasing the overload factor is important.

Specificity
Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.
There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up
Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.
Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles

Heart Rate
As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.
Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.
To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count
The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.
The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.
Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training
Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building
Is often used synonymously with strength training The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization
This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness
For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.
If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling your something.
Stop exercising and consult your doctor.

What to Wear
Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise
Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

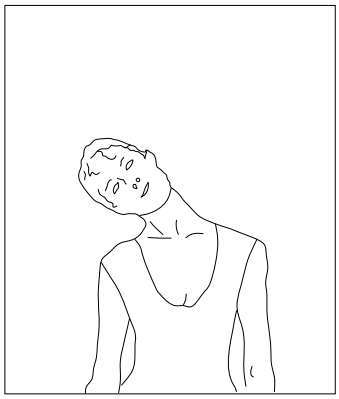
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

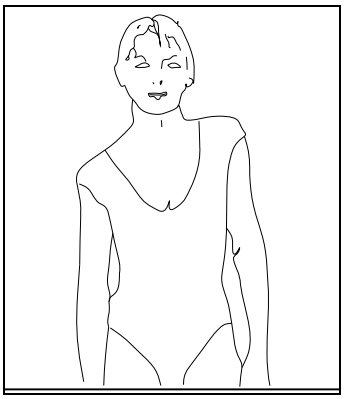
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



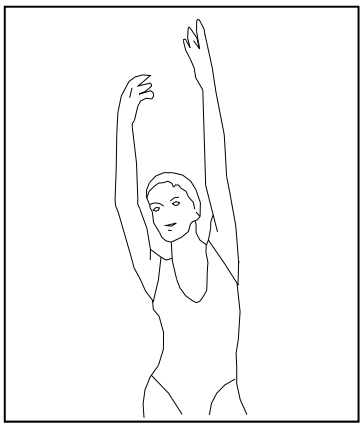
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



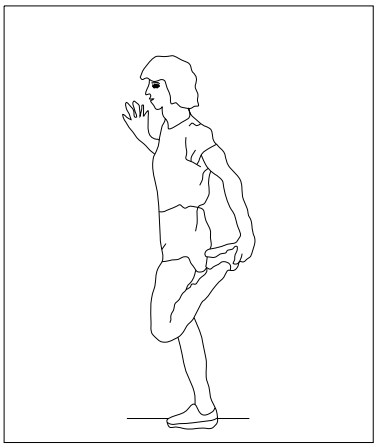
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as possible. Hold for 15 counts and repeat with your right side. Repeat this action with your left arm.

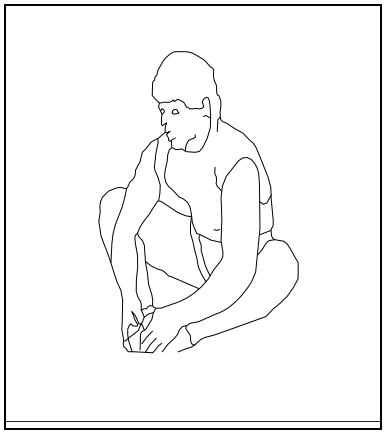


QUADRICEPS STRETCH

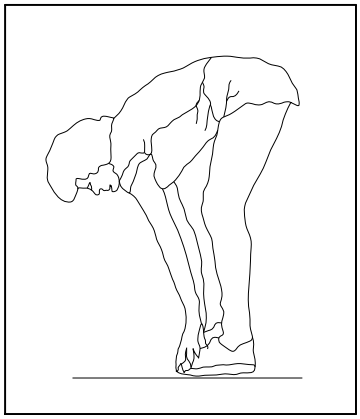
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as you can for one count. Feel the stretch up left foot up.



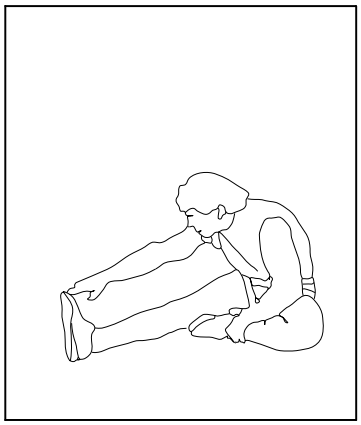
INNER THIGH STRETCH
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



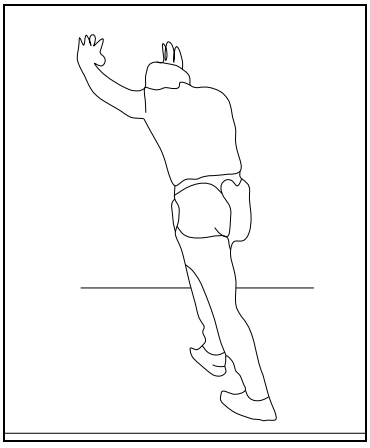
TOE TOUCHES
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH
Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



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